



## The Hamden Heronettes Synchronized Swim Team

Do you love:

*Swimming?*

*Dance?*

*Gymnastics?*

*Making new friends?*



### Details:

10 sessions begin  
Monday March 14  
Cost: \$150

### Schedule:

Mondays & Wednesdays  
March 14 – April 13  
5:45 p.m. - 6:45 p.m.

### Location:

Hamden High School Pool  
2040 Dixwell Ave.  
Hamden, CT

Then come try

# Synchronized Swimming!

The Hamden Heronettes Synchronized Swim Team invites you to our spring **Beginner Clinic**.

All swimmers ages 7 and up welcome.  
(must be able to swim the length of the pool: 25 yds)

Bring a friend! The first session is always **free**!

For more information, see  
[www.heronettes.org](http://www.heronettes.org)

or contact us at

hamdenheronettes  
@gmail.com

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